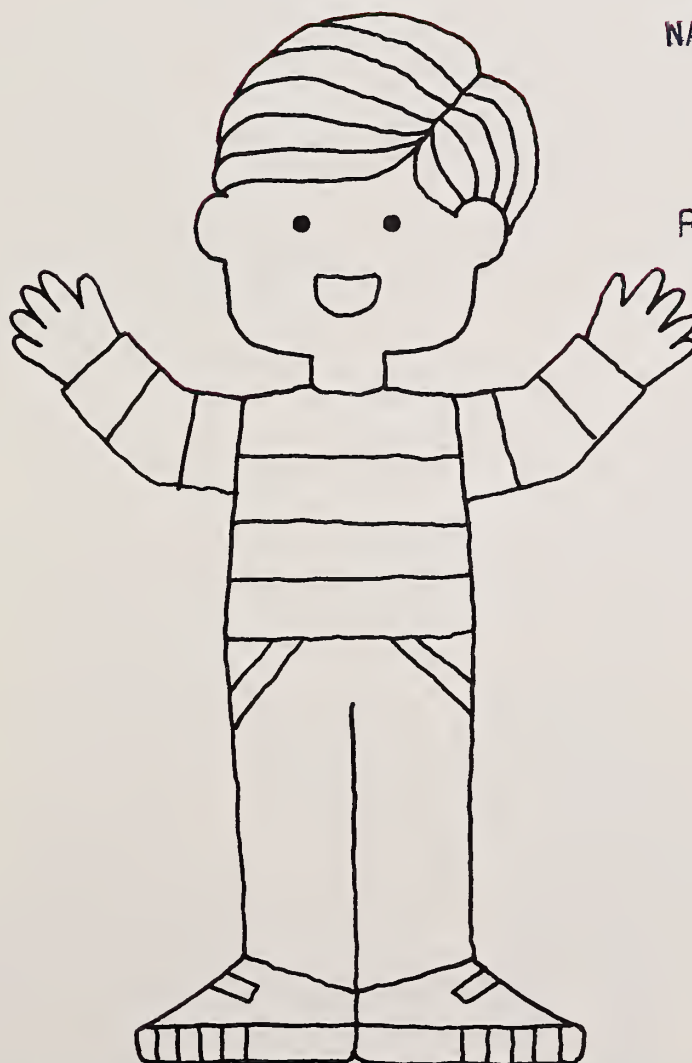


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What's So Hard About Feeding Kids?



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What's So Hard About Feeding Kids?

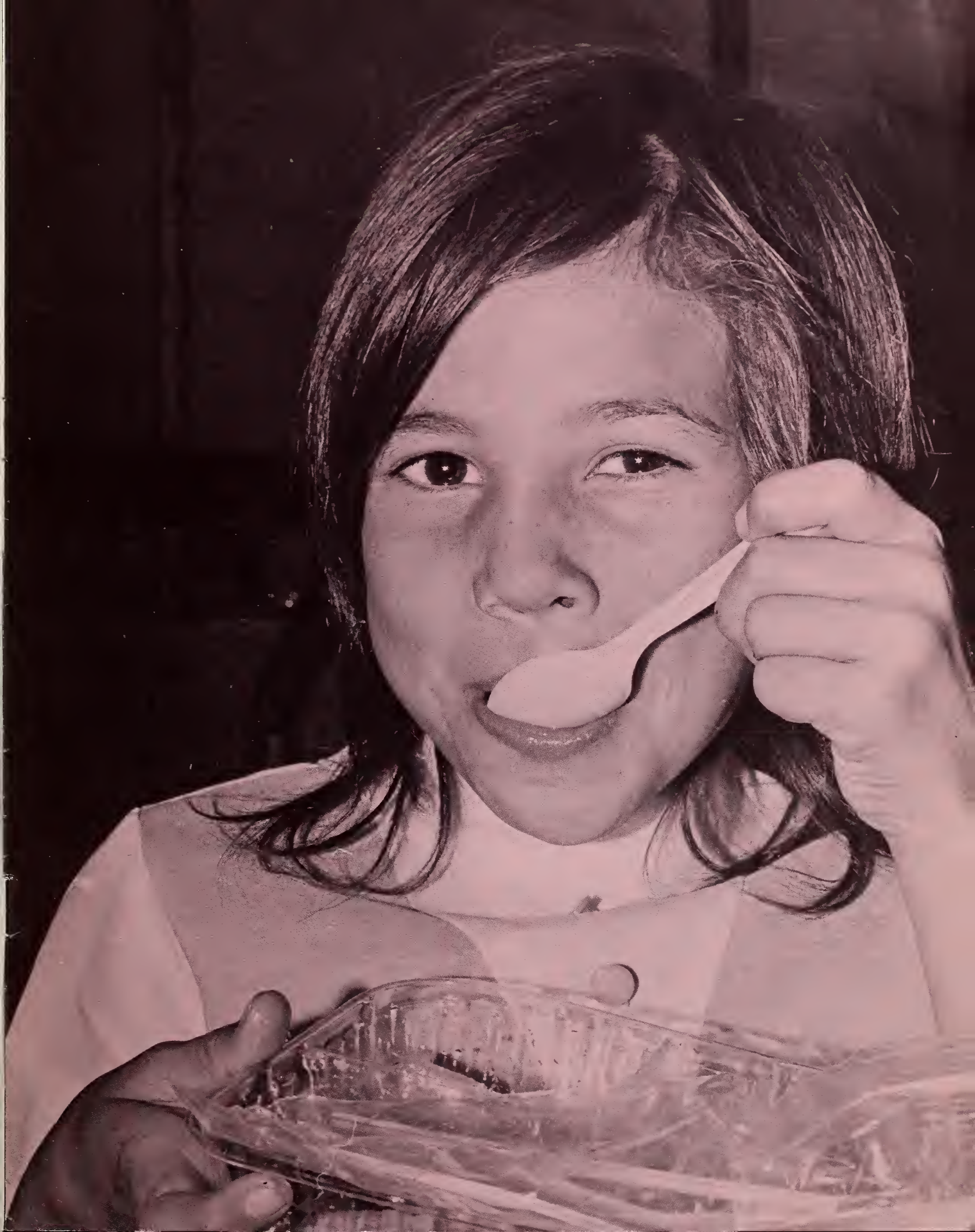
Nothing is hard about feeding kids, if you really want to do the job! The day is gone when children must be deprived of good nutrition in their schools because of limited facilities. The key word in child feeding today is ingenuity.

A school that wants to participate in the National School Lunch Program may use any of a number of proven approaches to feeding children — approaches aimed at feeding the child where he is now, in a school which has little or no place to feed him.

WHAT ARE THESE APPROACHES?

Satellite Feeding. Schools within a school system, city, or town which have adequate kitchen equipment and facilities prepare and deliver food to those without facilities, or those with limited facilities. These lunches may be cold bag lunches; complete hot lunches delivered to the school in bulk hot food containers or individual insulated trays; or combination hot and cold lunches having one package of hot food and one of cold food. All lunches, of course, include one-half pint of milk in accordance with the "Type A" meal requirements.





Central Kitchen System. This idea is the same as for satellite feeding. But the difference is that the kitchen is often specially designed for preparing meals "to go." It is usually located in a building other than a school and provides food for an entire school system. Food can be prepared and distributed in bulk, using both heated and refrigerated containers. Receiving schools sometimes have small service kitchens or dispense foods from moveable serving carts. In some cases, lunches may be delivered to the school frozen, ready for heating. Other systems deliver food hot, ready to be served. Such central kitchens are usually an integral part of the school system being serviced. Commercial food manage-



ment companies, catering concerns, or food suppliers may also be used to supply "Type A" lunches to schools which cannot develop central kitchens and have no usable facilities for satellite operations.

Canned Lunches. This method is newly approved by USDA's Food and Nutrition Service for schools which have no place to prepare food and no place to serve it. Lunches are prepared in the school itself. In some cases, institution-size cans of meat and vegetables are bought. These cans are heated unopened on hot plates, wood burning stoves, or whatever heating equipment is available. A canned fruit is usually included in the meal. The lunch is served to children on plates or trays to be eaten at their desks. Some schools have used partially filled buckets of water to provide even more heating of the canned foods. Some schools own serving utensils while others use disposable plates and cutlery in order to minimize work involved and assure adequate sanitation.

Another version of the canned lunch approach makes use of an individual can containing 7½ to 9 ounces of food such as spaghetti, stew, beans and franks, etc. This is served along with milk, bread and butter, a vegetable, and fresh fruit. In this case, the main dish is eaten directly from the can. Small warming ovens which run on 110-volt current allow this approach to food service in almost any school.





Frozen Entree. This method employs a commercially prepared, individual-sized, frozen package consisting of meat and two vegetables and/or fruits. To complete the "Type A" requirements, the school must add bread, butter, and milk. The package usually doubles as the serving tray, thus eliminating the school's need to own a large number of serving utensils.

Food Service Management Companies and Caterers. There are many commercial approaches to feeding children where they are. USDA regulations permit the use of private food service management companies and caterers in the National School Lunch Program. Management companies may operate the

whole program, providing meals and labor to serve them, or they may supply only the meals or parts of meals with school personnel taking over the serving of the food and other aspects of the program.

WHAT ABOUT NEW APPROACHES?

New ideas in getting nutritious food to the children in our schools are in great demand—innovative ideas for feasible, economic, and adaptable feeding systems.

THE KEY WORD IS "INGENUITY" AND YOU ARE THE SOURCE.





If you have a new idea for feeding children in schools or wish further information about establishing a school lunch program in your area, contact the State educational agency in your capital city for public school programs. For programs in nonprofit private schools, contact the State educational agency in the States listed below:

Alaska
Arizona
California
Connecticut
Delaware
District of Columbia
Florida
Guam
Illinois
Indiana
Kansas
Kentucky
Louisiana
Maryland¹

Massachusetts
Michigan
Minnesota
Mississippi
New Mexico
New York
North Carolina
Oklahoma
Puerto Rico
Rhode Island
Samoa
South Dakota
Trust Territories
Wyoming



¹ Maryland State Agency is in Baltimore.

If your State is not listed above, write to the appropriate Food and Nutrition Service Regional Office:



U.S. Department of Agriculture
Food and Nutrition Service
630 Sansome Street
San Francisco, Calif. 94111



U.S. Department of Agriculture
Food and Nutrition Service
536 South Clark Street
Chicago, Ill. 60605



U.S. Department of Agriculture
Food and Nutrition Service
1100 Commerce Street
Dallas, Tex. 75202

U.S. Department of Agriculture
Food and Nutrition Service
26 Federal Plaza
New York, N.Y. 10007



U.S. Department of Agriculture
Food and Nutrition Service
1100 Spring Street, N.W.
Atlanta, Ga. 30309

